

--Abstract of the Disclosure

A damping structure includes a member defining an internal cavity; an aggregate which includes at least solid bodies in contact and which completely fills the internal cavity; a rigid plate for closing off the internal cavity; and an elastic element which exerts elastic pressure on the rigid plate so as to constrain the aggregate. The member defining the cavity may be elongate with the internal cavity being formed longitudinally inside the member. At least some of said solid bodies may be hollow or solid, compact, made of different materials, of different shapes, and/or of different sizes.--